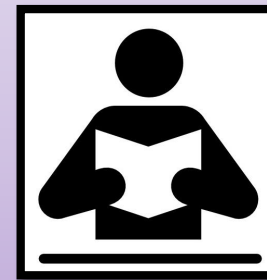
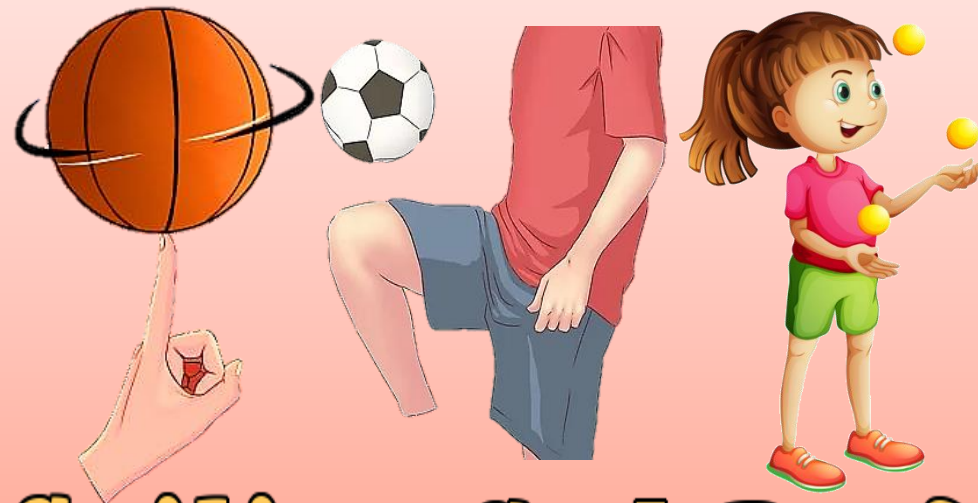
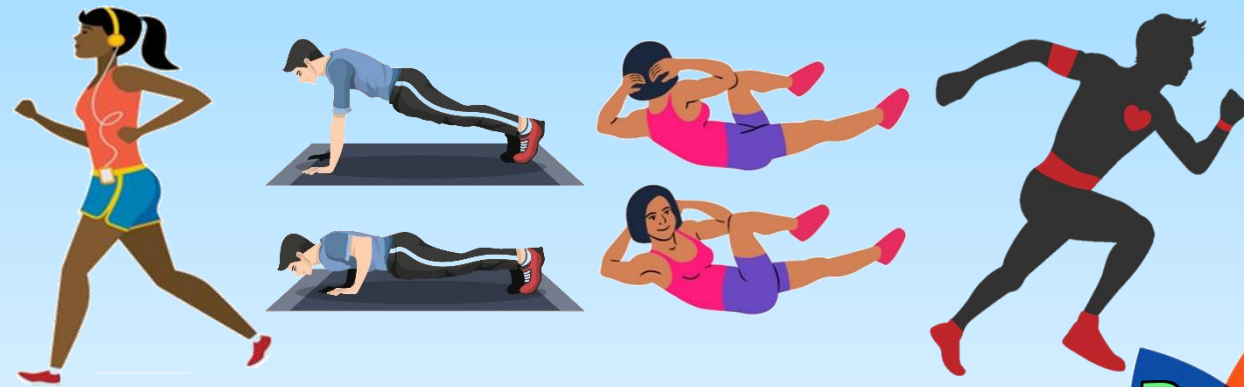


Ffitrwydd Corfforol Meddwlgarwch & Symudedd

[Physical Fitness]

[Mindfulness & Mobility]



Sgiliau Cyd-Drefniant Gwella Effeithiolrwydd Personol

[Co-ordination Skills]

[Improve Personal Effectiveness]



Ffitrwydd Corfforol [Physical Fitness]



SCAN ME

SESIWN FFITRWYDD GYDA STEFF SGILIAU / FITNESS SESSION WITH STEFF SKILLS.

[Sesiwn trwy gyfrwng yr iaith Gymraeg / Session through the medium of Welsh]

<https://www.youtube.com/watch?v=Trk3TMbWT1Q&feature=youtu.be>



SCAN ME

SESIWN YMARFER HIIT PWYSAU'R CORFF 20MUNUD / 20MINUTE BODY WEIGHT HIIT SESSION.

<https://youtu.be/owhvNm37Mv4>



SCAN ME

SESIWN YMARFER CRAIDD AC ABS 15MUNUD / 15MINUTE TOTAL CORE & ABS WORKOUT.

<https://www.youtube.com/watch?v=glxrwC9zsHY&feature=youtu.be>

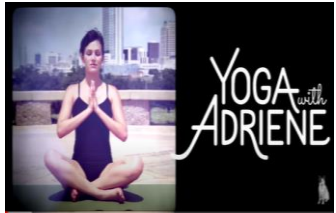


Ewch mas o'r tŷ i gael awyr iach am o leiaf 1 awr fel rhan o'ch diwrnod (Cofiwch i ddilyn canllawiau'r llywodraeth!)

Get out of the house for at least 1 hour of your day for some fresh air (Remember to follow government guidelines!)

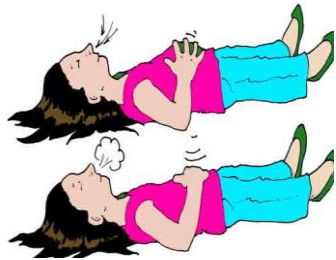


Meddwlgarwch & Symudedd [Mindfulness & Mobility]



SCAN ME

SESIWN IOGA CORFF CYFAN 20munud / 20minute FULL BODY YOGA SESSION
<https://www.youtube.com/watch?v=b1H3xO3x Js>



SCAN ME

YMARFERION YMLACIO ac YSTWYTHO (Iaith Gymraeg) / RELAXATION and BREATHING EXERCISES (Welsh Language)
<https://www.youtube.com/watch?v=IEQycDil1cc&feature=youtu.be>



SCAN ME

SESIWN MEDDWLGARWCH a IOGA (Iaith Gymraeg) / MINDFULNESS & YOGA SESSION (Welsh Language)
<https://www.youtube.com/watch?v=clWr0d3ikEs&feature=youtu.be>



SCAN ME

SESIWN HYBLYGRWYDD & YMESTYN I DDECHREUWYR / BEGINNER FLEXIBILITY & STRETCHING ROUTINE
<https://www.youtube.com/watch?v=qULTwquOuT4&feature=youtu.be>



Sgiliau Cyd-Drefniant

[Co-ordination Skills]



SCAN ME

SGILIAU PÊL GYDA STEFF SGILIAU / BALL SKILLS WITH STEFF SKILLS.

[Sesiwn trwy gyfrwng yr iaith Gymraeg / Session through the medium of Welsh]

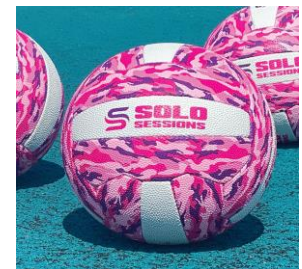
<https://www.youtube.com/watch?v=I2RISrOzCR0&feature=youtu.be>



SCAN ME

HER CYDBWYSO ESGID / SHOE BALANCE CHALLENGE.

<https://www.youtube.com/watch?v=G28-DU8EPaQ&feature=youtu.be>



SCAN ME

SGILIAU PÊL CARTREF I BAWB / HOME BALL SKILLS FOR ALL

<https://www.youtube.com/watch?v=kQASFkUEKrU&feature=youtu.be>



SCAN ME

SGILIAU CYDSYMUD LLYGAD LLAW / HAND EYE COORDINATION SKILLS

<https://www.youtube.com/watch?v=abYGXavbCD4>



Gwella Effeithiolrwydd Personol

[Improve Personal Effectiveness]

Clustnodwch amser G.E.P penodol am o leiaf 1 awr o'ch dydd rhywbryd heddiw er mwyn gwella ansawdd darn o waith, cwblhau tasg anorffenedig neu i ymchwilio ymhellach i destun pynciol sydd o ddiddordeb i chi.

Set aside at least 1 hour of your day for specific G.E.P time in order to improve the quality of a piece of work, complete an unfinished task or to further explore a topic that is of great interest to you.

